

What are the most common mouth problems from diabetes?

The following chart shows the most common mouth problems from diabetes.

Problem	What It Is	Symptoms	Treatment
gingivitis	<ul style="list-style-type: none"> unhealthy or inflamed gums 	<ul style="list-style-type: none"> red, swollen, and bleeding gums 	<ul style="list-style-type: none"> daily brushing and flossing regular cleanings at the dentist
periodontitis	<ul style="list-style-type: none"> gum disease, which can change from mild to severe 	<ul style="list-style-type: none"> red, swollen, and bleeding gums gums that have pulled away from the teeth long-lasting infection between the teeth and gums bad breath that won't go away permanent teeth that are loose or moving away from one another changes in the way your teeth fit together when you bite sometimes pus between the teeth and gums changes in the fit of dentures, which are teeth you can remove 	<ul style="list-style-type: none"> deep cleaning at your dentist medicine that your dentist prescribes gum surgery in severe cases
thrush, called candidiasis	<ul style="list-style-type: none"> the growth of a naturally occurring fungus that the body is unable to control 	<ul style="list-style-type: none"> sore, white—or sometimes red—patches on your gums, tongue, cheeks, or the roof of your mouth patches that have turned into open sores 	<ul style="list-style-type: none"> medicine that your doctor or dentist prescribes to kill the fungus cleaning dentures removing dentures for part of the day or night, and soaking them in medicine that your doctor or dentist prescribes
dry mouth, called xerostomia	<ul style="list-style-type: none"> a lack of saliva in your mouth, which raises your risk for tooth decay and gum disease 	<ul style="list-style-type: none"> dry feeling in your mouth, often or all of the time dry, rough tongue pain in the mouth cracked lips mouth sores or infection problems chewing, eating, swallowing, or talking 	<ul style="list-style-type: none"> taking medicine to keep your mouth wet that your doctor or dentist prescribes rinsing with a fluoride mouth rinse to prevent cavities using sugarless gum or mints to increase saliva flow taking frequent sips of water avoiding tobacco, caffeine, and alcoholic beverages using a humidifier, a device that raises the level of moisture in your home, at night avoiding spicy or salty foods that may cause pain in a dry mouth
oral burning	<ul style="list-style-type: none"> a burning sensation inside the mouth caused by uncontrolled blood glucose levels 	<ul style="list-style-type: none"> burning feeling in the mouth dry mouth bitter taste symptoms may worsen throughout the day 	<ul style="list-style-type: none"> seeing your doctor, who may change your diabetes medicine once your blood glucose is under control, the oral burning will go away

More symptoms of a problem in your mouth are

- a sore, or an ulcer, that does not heal
- dark spots or holes in your teeth
- pain in your mouth, face, or jaw that doesn't go away
- loose teeth
- pain when chewing
- a changed sense of taste or a bad taste in your mouth
- bad breath that doesn't go away when you brush your teeth